



Boldt Decision – 40 Years

By George Walter

This month marks the 40th anniversary of a major event in the history of the Pacific Northwest and, in particular, the Nisqually Indian Tribe. In February 1974 Federal Judge George Boldt issued his landmark treaty fishing rights decision (*United States vs. Washington*).

Throughout 2014 there will be a number of celebrations of this landmark decision, a decision with its roots right here in the Nisqually watershed and which has had treaty right implications nationwide. Here is a little background information for readers who might not remember back to 1974.



Dorian Sanchez, Billy Frank, Judge Boldt and George Kalama.

For years the State of Washington had been using its police powers to enforce no fishing laws against treaty right fishermen, especially along the Nisqually River. The list of Nisqually fishermen who spent time in jail during these trouble-filled years is long and honored, including elders Bill Frank and Nugie Kautz.

Continued on page 3-BOLDT

Are You Turned Off or On? For Smartphones!

Tips from Nisqually IT Web Development

Long ago were the days when taking digital photos was something you could only do with a digital camera. When the first digital cameras came out they were the coolest thing, no more needing to drop your film at the local 24-hour print shop. You could skip the middle man and directly upload photos to your computer for viewing and sharing.

Technology continues to advance at such a rapid pace! We have new smartphones with comparable capabilities, if not more advanced than a digital camera. These smartphones also come with a long list of Apps that can be downloaded to add features to your camera or to edit your pictures before uploading it to Facebook, Instagram, etc... With all this technology we always say, "Safety first!" So here's our 2 cents - There are browser add-ons such as Geotagging that allow for the location of where a picture was taken to be known. I'm sure nowadays snapping a quick pic is still much easier to do with your smartphone than it is to pull out your digital camera, so below are some tips on how to keep you and your loved ones safe.

Safety Tips:

1. Turn off the location in your Settings. This will keep it from recording the location of where the picture was taken. Leaving this feature on, is also a huge resource hog on your cellphone battery. **Note: Under special circumstances you may want to leave Location On. For example, if you were lost in the wilderness or out hiking, this feature can be helpful in locating you, so use it at your own discretion. It is also required "on" when running Map or GPS applications.
2. If you share pictures via Facebook turn on your privacy settings.
3. Remember once you post something online it can be copied over and over and over again (and even if deleted later – someone could have copied it or printed it out) so be prudent in what you share with others on social media sites, email and messaging.

Disclaimer: Nisqually Indian Tribe does not endorse, promote, review, or warrant the accuracy of the services in the links provided.

How to Contact Us

Tribal Center (360)456-5221

Health Clinic (360)459-5312

Law Enforcement (360)459-9603

Youth Center (360)455-5213

Natural Resources (360)438-8687

Nisqually News

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Olympia, WA 98513

Leslee Youckton (360)456-5221

Email at
youckton.leslee@nisqually-nsn.gov

The deadline for the newsletter is
second Monday of every month.

Nisqually Tribal Council

Chair, Cynthia Iyall

Vice Chair, William Frank III

Secretary, Jean Sanders

Treasurer, Stephanie Scott

5th Council, James Slape Jr.

6th Council, Antonette Squally

7th Council, Farron McCloud

Office Closures

February 17th

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The sacrifices made by these many heroes, their families and the whole Nisqually community led, after a lot of publicity, to the United States filing a federal lawsuit against Washington. The goal of the lawsuit was to determine what this treaty language means:

Art. III. The right of taking fish at all usual and accustomed grounds and stations is further secured to said Indians in common with all citizens of the Territory...

Judge Boldt heard months of testimony about treaties, both negotiations and the language of the treaty itself, Tribal fishing and fishing areas, state regulations, and much more. The result was a lengthy decision that has had profound impacts for the Nisqually Tribe and its fishermen. Key findings included:

1. The treaties ratified by the U.S. Senate were the law of the land, and that included the Tribe's fishing rights.
2. The language "in common with" meant that the Tribes and the State's non-treaty fishery were to share harvestable fish equally (that is, 50/50). Up until that point even decisions that recognized treaty fishing rights had never defined what that meant in actual harvest numbers.
3. Establishing the usual and accustomed fishing areas for Tribes and also establishing a method to further define these places.
4. Establishing the right for the Tribes to be self-regulating and setting criteria needed to be in place before self regulation began. These criteria included

basing regulations on the advice of professional fisheries biologists.

The reaction in the State of Washington was immediate. There were sometimes violent protests against the decision, Judge Boldt was vilified and an anti-Indian fervor spread, with abundant anti-Indian racism.

The impact on the Nisqually Indian Tribe was immediate and substantial. With Boldt's finding that fishing rights were a matter of federal law, the Congress and the B.I.A. were obligated to fund a fisheries program for the Tribe. Within a few years, the Tribe received funding to establish its fisheries management program, its enrollment program, and its law enforcement program. These first steps ultimately led to the Tribe's Natural Resources program we know today.

The Tribe developed, adopted and began implementing a comprehensive fisheries program, including establishing, for the first time, hatcheries in the Nisqually watershed. Tribal fishermen expanded their fishing activities and areas, and fishing income grew. The recognition of treaty fishing rights confirmed the close cultural identity of Nisqually Indians with their watershed and their rights to natural harvests. The identity of Nisqually got a big boost, and this benefit still resonates today.

On February 5th and 6th the Northwest Indian Fisheries Commission will host an event, "BOLDT 40," a two-day gathering to reflect on the Boldt decision from many perspectives. The event will be held at the Squaxin Island Tribe's Skookum Creek Event Center, located on Route 101, near Shelton. All are invited.

Free Legal Help for Low-Income Native Americans and Alaska Natives

The Northwest Justice Project's Native American Unit provides free civil (non-criminal) legal services for people who can not afford a lawyer in Washington. Our services range from limited assistance to full representation depending on the legal issue and individual circumstances. We provide legal assistance in the following areas: Domestic violence, Indian Child Welfare Act, trust property and housing, education; discipline, discrimination and special education, protecting Indian monies, health care, public benefits including food stamps, TANF and SSI, issues in tribal court, wills and BIA probates, employment: discipline and termination. To find out if we can help you, **call Northwest Justice Project's toll-free hotline ("CLEAR") at 1-888-201-2014 and press 5** to leave a message for the Native American Unit. You can leave a message 24 hours a day, seven days a week and the NAU will return your call within two business days. **The best time to call is before 9:00am and after 12:30 pm.**

Rural and Tribal Transportation

A fixed route service serving the Nisqually Reservation, Rainier, and Yelm areas.

**Please call
1-800-650-7846
for information**



Nisqually Tribal Employment Rights Office is NOW Accepting Applications for TERO Workers.

Upcoming tribal projects need tribal workers opportunities in construction, retail, and other others: Laborers, carpenters, flaggers, plumbers, electricians, cement finishers, masons, operators, superintendents, project managers, and many more opportunities available.....Training programs will be available soon.



Visit the TERO Office in the Human Resource Building to fill out a TERO Referral Application and get on the TERO work list.

Bob Iyall; (360) 456-5221 ext. 1128; (360) 339-0568 cell
lyall.bob@nisqually-nsn.gov

Nisqually Public Safety Complex Nears Completion

By Joe Cushman



The Tribe is fast approaching full completion of the new Public Safety Complex. The 60,000 square foot complex will house 300-plus low risk inmates from the area, as well as provide space for tribal law enforcement. Presently, furniture, fixtures and equipment are being installed at the new facility, and the Tribe's Training Academy for new hires is being finalized. An open house and dedication is tentatively planned for early-mid February, with actual operations commencing in early-mid March.

Tribal corrections staff has been busy finalizing services contracts with other local Tribes and jurisdictions. Local jurisdictions who have toured the facility have been unanimous in their comments that the facility is indeed a state-of-the-art achievement, resulting in a high quality facility and program that will provide services and employment to the community and region for years to come.

Winter Moon Celebration 2013

By Joyce McCloud

Winter Moon celebration was held on December 21 & 22 . We started the celebration with a bonfire on Saturday and with a spiritual cleansing of the large barn at the culture center. Floyd Warbus, his wife Ethel and nephew Robert traveled from Lummi to do the work of cleansing and brushing off those who wanted it complete. We then started the bonfire and songs were shared to start off this joyous event.

On Sunday we gathered around the fire that was lit from the bonfire morning. This brought us to morning blessing for the new seasons to come and the renewal of our mother earth. Representing mother earth was Charlotte Lopez's daughter, Monica, who is expecting a baby girl in February. A feast and gifts were exchanged to end the celebration on Sunday afternoon.



Pealo's Landing Gate

By Jack McCloud, Parks Commission Chairman

The Parks and Recreation Commission has recently installed a gate on the Reservation boundary near Pealo's Landing. The purpose of the gate is to prevent unknown persons from entering the Reservation from Tank Crossing Road. We are all aware of the problems that have been occurring because of this illegal access and activity. These problems include drug and alcohol abuse, vandalism, littering, and trespass.

This new gate is installed to protect the Reservation and keep unauthorized people out. The new gate does NOT prevent tribal members from going Pealo's Landing from Peter Kalama Drive. That access road is still open.

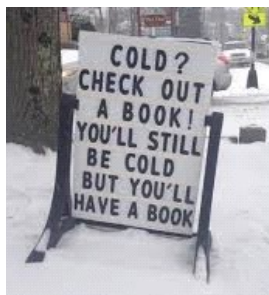


We are working with Tribal Council to develop a plan to improve overall safety and security in the Frank's Camp area and will update you as that plan is approved. In the meantime, please contact me, any Parks Commissioner, or the Parks Office if you have any questions or concerns about this new gate.

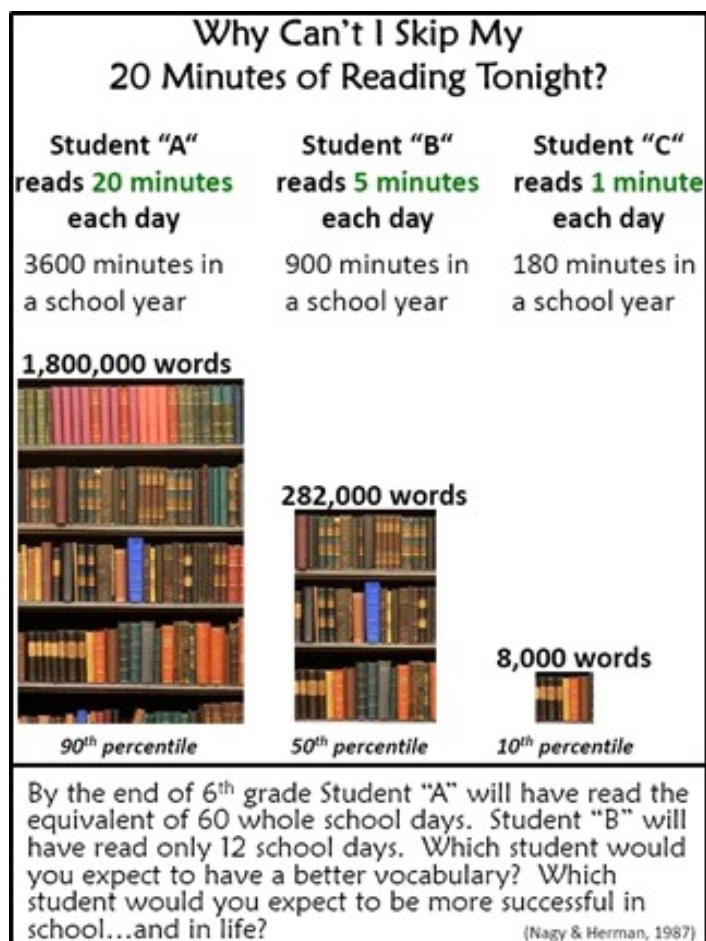


Library Happenings!

We can add to this... Wet? Too much wind? Tired of winter? Well that book will give you some escape time, a short visit to a sunny climate, a recipe for exotic foods, an adventure on calm seas, a trip to places that are out of this world without ever leaving your living room! The Library is now open LATE ON WEDNESDAYS, so that our hours are the same as the Health Clinic's.



Here's another picture below that can tell it all! Let Library staff assist you and your kids in finding just the right book.



Speakers Coming to the Library in 2014!

**Lance Rhodes on
NATIVE AMERICANS IN FILM
Tuesday January 21, 2014**

**Julia Harrison on
A WORLD OF SWEETS
Tuesday February 11, 2014**

**All programs in the Library are from
5:30pm-7:00pm. For more info please call
(360)456-5221 ext 1125**



Yes, Microsoft IT Academy, an online training opportunity for all, is **coming to the Nisqually Tribal Library**.

From the Library's computer lab you will be able to gain whatever degree of digital literacy you need and want. Our staff will assist you with access to this training, and you will be able to proceed as far as you want on your own schedule, as an independent learner. On one hand maybe you want to get better at Microsoft word. On the other hand maybe you want to become IT certified.

Maybe you want to improve your employment skills, making you ready for the digitally demanding work places. Maybe you want to be able to email your grand kids.

All these and more learning opportunities are available through the IT Academy starting February 10th, 2014.

For more information call Kurtis Bullchild at ext. 1162, or Faith Hagenhofer at ext. 1125.

Family Literacy Night

February 27, 2014

At the Nisqually Youth Center

~ Raffle prize ~ Dinner ~ Games

The fun begins at 5:30pm

**Brought to you by the Nisqually Library and
the Nisqually Youth Program**

Pendleton Fine Fabric & Notions

Bags and Purse Class

February 1 & 2 9:00am – 6:00pm

Jacket and Vest Class

February 20 & 21 2:00pm-7:00pm

February 22 & 23 9:00am-6:00pm

A class offered by Noree's Plume of Warm Springs, Oregon. These classes are for everybody...beginners and advanced sewers.

The classes includes a kit (sponsored by the Culture Program) and instruction.

- Pendleton fabric
- Pendleton's felt binding
- Pattern & plastic
- Instruction by Noree

Each participant must bring a sewing machine and sewing supplies (sewing machine, long pins, scissors, extra thread, measuring tape, needles)

Meals are potluck. Classes are held at Nisqually Elders Room 15 spots each day. First ten spots reserved for Nisqually Tribal members.

Sign up by contacting Nemah Choubaquak at (360)456-5221 ext. 1280 or email choubaquak.nemah@nisqually-nsn.gov

Sponsored by the Nisqually Indian Tribe Culture Program

Upcoming Events at the Youth Center

First Friday of the month come celebrate with cake at the Youth Center

Friday February 7, 2014

4:00pm-6:00pm

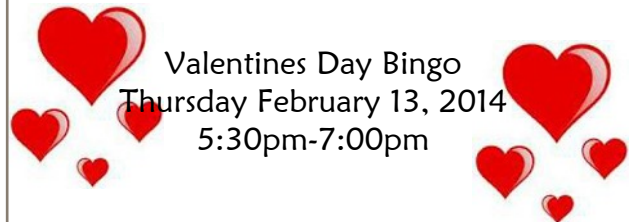
is the next celebration!



Nisqually Youth Center Staff vs.
Youth Basketball Game!!

Thursday February 27, 2014

At 4:00pm



Valentines Day Bingo

Thursday February 13, 2014

5:30pm-7:00pm

Youth Center News Years Day at the Museum!

By Amanda Hicks

On New Year's Eve Day, the Nisqually Youth Program arranged for our youth to attend the Noon Year's Eve event at the Children's Museum in down town Olympia. The Noon Year's Eve party was to celebrate the new year and have a countdown at noon. On top of the everyday exhibits they offer, they had a ball drop at noon. There was a DJ set up outside and did the countdown, confetti and music! All the kids had a blast. The kids got a pass to do different stations throughout the museum from cup cake decorating, face painting, photo dress up pictures and even hooked us up with a slice of pizza! This was such a great event and I was able attend with my children and nephew. Elizabeth Vantiem had a van full of youth, our director Stacy Gouley was able to attend with her son and niece, and one other parent, Magdalena McGee, was able to attend with her two boys. These events are fun to begin with but when the parents are able to be a part of something fun with the youth, it makes it that much more fun and special!





Shellfish Update – Troubles with China

By Margaret Homerding

In early December China informed the US government that it is banning the import of all bivalve shellfish (including geoduck) from an area that extends from Alaska to central California. While the Nisqually shellfish divers are still able to harvest geoduck, this ban greatly affects their ability to sell the geoduck since approximately 90% of our geoduck harvest goes directly to China. The timing of this ban is also unfortunate since the market and price for geoduck this time of year is usually higher due to the upcoming Chinese New Year. Until an agreement is reached between the US and Chinese governments, the ban will remain in place and the market for geoduck will be depressed. This is the second year in a row in which politics in China have influenced geoduck harvest by the Nisqually Indian tribe.

The reasoning China provided for this ban is due to elevated levels of arsenic they found in a geoduck sample collected from Puget Sound, and high levels of a toxin that causes paralytic shellfish poisoning they found in a geoduck sample from Alaska. The test methods used by China to sample the geoduck have not been disclosed, but the Washington Department of Health and the Alaska Division of Environmental Health have since filed full reports on their monitoring programs and re-sampled the areas from which the geoduck have reportedly originated from. Upon review of the programs and the sampling results the FDA has ascertained that the geoduck harvested from these areas is *indeed safe for human consumption*. The Director of the NOAA Seafood inspection program has sent a letter requesting that China lift the ban. Also, the report on the states' findings has been provided to China for review. We are waiting for China's response.

Smokehouse Tales

By David Stepetin

During a public hearing last year, several Tribal members asked about establishing a community smokehouse. Well, it turns out that several years ago staff from Natural Resources Marine Services program made a smokehouse, which is now surplus, to our needs.

This is a smokehouse tale about good relationship and coordination. First, we at Natural Resources asked around – would you like to have a smokehouse for community? Elders? There really wasn't a good site at the Elder's Building.

Then, we heard from Youth Services, John Simmons and Stacy Gouly. How about a site behind the Youth Center? Having it there would fit nicely into youth education and cultural traditions. But, who would put in a concrete pad for the smokehouse, and who would actually move it? Enter Public Works and housing with their contributions.

Several Tribal departments contributed and now the Tribe's youth have a facility to smoke salmon, as their ancestors have done for generations. Now, this is a real smokehouse tale!

Annual Public Hearings For Shellfish Program 2014-2015

February 4, 2014 &
February 11, 2014
5:00pm-7:00pm

Nisqually Administration Conference Room
Copies of proposed changes/additions are available at the front desk at the Tribal Center or at the Natural Resources office. You may call Arlene at 360-438-8687 and have a copy sent to you.

Washington Discover Pass

Tribal members are eligible to receive at no cost a Washington State Discover Pass. This pass allows trouble-free access to all state lands – state parks, WDFW areas and WDNR lands. Get your pass from Arlene Kautz and Nisqually Natural Resources, 360-438-8687, ext. 2131.

Tribal Member Tax Return Services

The investment committee has worked with Tribal Council to bring to the Nisqually members a tax preparation service for the year 2013. Therefore, it is a great pleasure to announce to you that you may have your tax returns prepared with our long-time contractor Bake, Overby and Moore at no cost to you. Personal, business and dependent returns will be eligible for this service to all Tribal members.

The Internal Revenue Service (IRS) will begin accepting filed income tax returns on January 31, 2014 and the deadlines for filing tax returns will be March 15, 2014 for most business and April 15, 2014 for individuals.

Tribal members participating in this program will need to: 1) complete a brief information sheet, and 2) provide a complete copy of their 2012 tax return(s) and their 2013 tax information. A tribal representative will collect, scan and return all taxpayer documents. The tax preparer firm can provide tax organizers and checklists to assist tax pays in assembling their information. A toll-free telephone line will operate during normal business hours (8:30am-4:30pm Monday- Friday excluding holidays) for Tribal members to seek answers to tax return related questions. If the taxpayer authorizes the tax preparer to discuss the tax return with the IRS, the tax preparer will answer any questions that may arise during the processing of the return or the status of a refund or payment; receive copies of notices or transcripts related to the the return; or respond to certain IRS notices about math errors, offsets and the tax return preparation. The tax preparer will not be authorized to receive any refund check, bind the taxpayer to anything, or otherwise represent the taxpayer before the IRS.

The tribal contact for members who would like to participate is Jamie Murphy at 360-456-5221 ext. 2211.

Natural Resources Trivia!

By George Walters

1. What's the name of the world's largest clam?
2. What Nisqually River salmon is the largest?
3. Where are the headwaters of the Nisqually River?
4. What is the Nisqually name for McAllister Creek?
5. In 1833 the Hudsons Bay Company came to the area and set up a trading post and fort. What did they name their fort?



Answers

1. Geoduck 2. Chinook or King
3. Mt. Rainier 4. She-Nah-Num
5. Fort Nisqually

Recycling Tips for Every Day

- Instead of ammonia-based cleaners use vinegar and water or baking soda and water.
- Reuse your grocery bags or buy a canvas bag to carry your groceries in.
- Use mulch and natural ground cover in gardens to contain moisture and conserve water.
- Reduce your use of aluminum foil and plastic wrap or avoid them completely by using plastic containers. You can also reuse those glass jars that you would normally recycle.
- Do not throw away what you can use again - plastic and glass containers can be used repeatedly.
- Turn off lights you are not using.
- Repair leaks and drips as soon as they occur. A moderate drip wastes two gallons of water or more per hour.



Make recycling part of your every day routine and help save our valuable resources for future generations.

2013-2014 Flu Season

By Cindy Gallegos, RN, BSN

The Washington Health Department says there have been 11 flu deaths in the state this season. One death has been reported in Thurston County. Five of the deaths have been in King County, which can be expected as the population center of the state. The number is not unusual, but the department urges everyone over the age of six months to have a vaccination. The swine flu has been the most common strain, and the current vaccine available covers the H1N1 virus. (The Olympian, 2014)

Experts from the Food and Drug Administration (FDA), World Health Organization (WHO), and the Center for Disease Control (CDC) identify flu viruses that are the most likely to cause illness during the upcoming flu season. On February 27, 2013, the FDA chose these flu viruses for the 2013-2014 flu vaccine:

- A/California/7/2009 (H1N1-like virus).
- An A (H3N2) virus like the A/Victoria/361/2011 (H3N2).
- B/Massachusetts/2/2012-like virus.

Currently, the clinic gives the trivalent flu vaccine which includes the three strains above for adults 19 and older, ages 3-18 years, 3-35 months of age, and the high doses for 65 years and older. The intranasal flu vaccine for ages 2-18 years includes four strains (quadrivalent) that contain the three strains mentioned above and an additional B virus (B/Brisbane/60/2008-like virus).

There are prescription medications called “antiviral drugs” that can be used to treat influenza illness. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu in your body. Antiviral drugs are not sold over-the-counter. You can only get them if you have a prescription from your doctor or health care provider.

If you get the flu, antiviral drugs are a treatment option. Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Your provider may prescribe antiviral drugs to treat your flu illness. Antiviral drugs are a second line of defense to treat the flu if you get sick. A flu vaccine is still the first and best way to prevent influenza (Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), 2013)

Call the Nisqually Tribal Health Clinic to schedule an appointment for your flu shot at 1-360-459-5312. Clinic hours are Monday, Tuesday, Thursday, and Friday from 8:00am-5:00pm and Wednesday from 11:00am-8:00pm. Elder's may request a home visit to receive their flu shot.



Energy Healing of the Body, Mind and Spirit

By Tassie Nelson, Traditional Healer

By placing my hands on each pressure point and “running” energy, the body and brain get back in alignment. A lot of the physical pain in the body stops hurting. Sometimes the pain comes back at night and that's why I recommend three to four sessions with me. The body thinks that the pain is normal, “the issue is in the tissue.” Reprogramming the body and mind to “feel” and “think” differently, good and positive, is the purpose of energy healing. When a person is not hurting, it is easier to learn and do better things in life to continue to feel good. You also open the channel for Spirit to enter and some amazing things happen. We all have a purpose in life. Thank you.

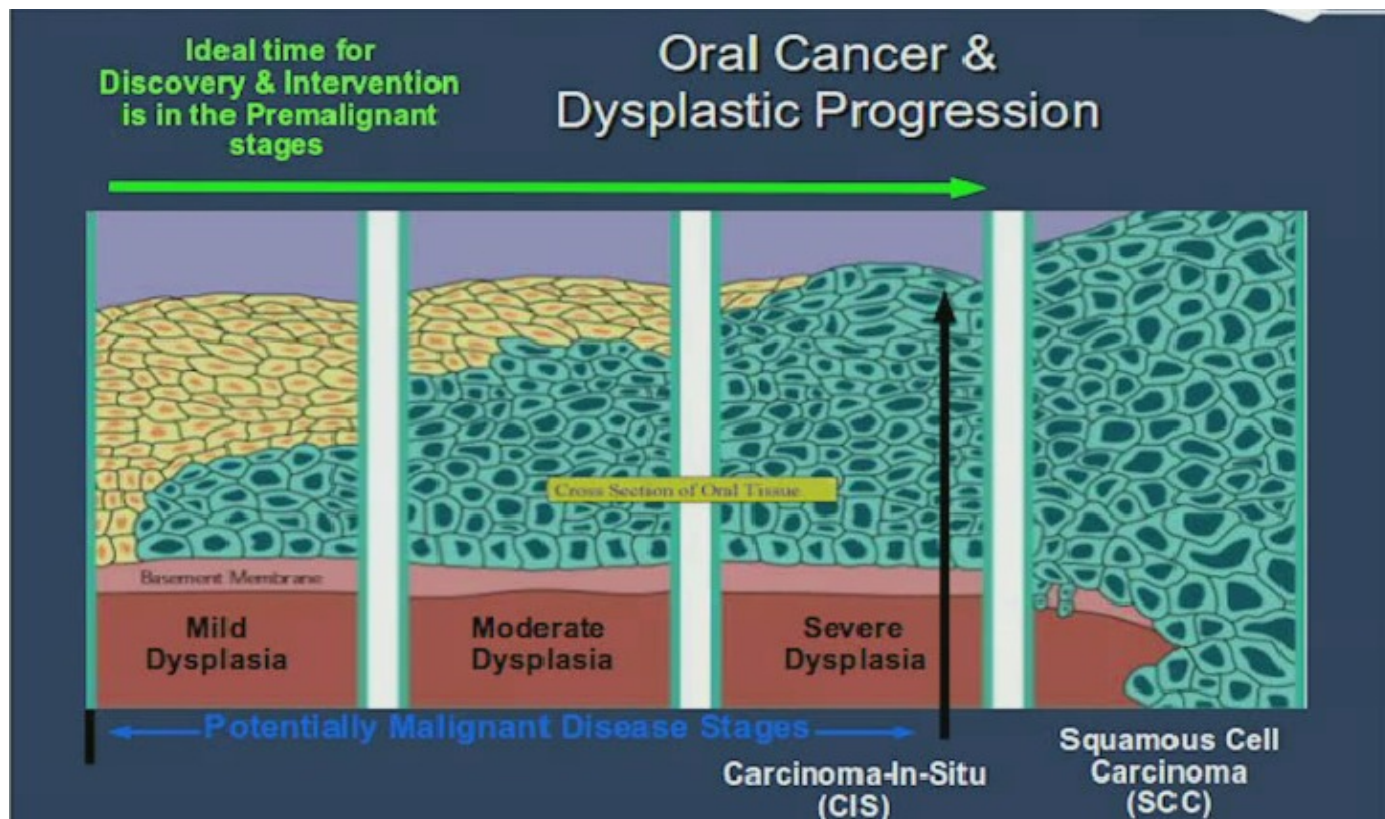
Are you interested in scheduling an appointment to see Tassie? Scheduling is open to all Nisqually Tribal Members. Call Josette at 360-486-9599 to make an appointment.



New Cancer Screening Instrument at the Nisqually Dental Clinic!

By Dr. Sue Bohannon, DMD

We are proud to announce that we have a new tool to assist with identifying early signs of oral disease, like cancer, in the mouth. It is called a VELscope Vx and the entire dental staff has received the appropriate training to assist our oral cancer screening protocol. We will be using the VELscope Vx during all regular exam appointments. It admits a blue light that allows us to see dysplastic/abnormal tissue that is not yet detectable in regular light.



Discovering oral disease early can improve oral health; lead to less invasive, more effective treatment and improved outcomes; reduce preventable medical expenses for extensive surgery and post-op care; and in some cases, even save a life. Few advances have been made to significantly enhance the visualization of the soft tissues of the oral cavity. VELscope Vx is a new technology that has been adopted as part of Nisqually Dental Clinic's goal to provide enhanced patient care. It helps us assess the health of oral tissues, and can aid in the early discovery of tissue abnormalities, including cancer and pre-cancerous lesions.

About 25% of oral cancers occur in people who do not fit the profile of "high risk." These people have no history of excess tobacco or alcohol use, and are not immunocompromised. Although the risk of oral cancer increases with age, an increasing number of patients under the age of 40 are being diagnosed with the disease. On average, somebody in North America dies of oral cancer every hour of every day. Early detection saves lives and that is why we are very excited to add the VELscope Vx to our examination process!

To make a dental appointment, please call 360-459-5312.

I would like to give kudos to Raylene McCloud and her mammogram program. I don't want to say my first mammogram was exciting (LOL), but the program was very well organized, great gifts, full of information and made the experience much better. I encouraged others to take advantage of it in the future.~Shannon Iyall



5 Ways to Stop Bleeding Gums

By Dr. Sue Bohannon, DMD

Keep seeing pink in the sink after you brush? Don't fall for the popular belief that it's normal and happens to everyone. **Bleeding gums may be a sign of something that's easily correctable – by brushing less vigorously or flossing every day.** But it can also be a warning of something more serious, like periodontal disease or even diabetes. With stakes that high, the smart thing to do is to improve your oral hygiene routine. If your symptoms don't improve after a couple of weeks, be sure to make an appointment with your dentist.

1. Brush twice a day. Brushing with fluoride toothpaste is an essential way to stop bleeding gums. Make sure you choose a brush head with **soft** nylon bristles and brush using gentle, circular motions that massage and clean the teeth and gums – back-and-forth motions can actually aggravate gum bleeding.

2. Floss every day. Flossing may be the **most important thing** you can do at home to prevent the plaque buildup that leads to gum bleeding. Ask your dentist or dental hygienist for tips on proper flossing.

3. Use a good mouthwash. Ask your dentist to recommend a good fluoride mouthwash, which can help fight bleeding gums. Avoid mouthwashes with alcohol --

they can dry out your mouth and actually lead to bleeding gums.

4. Keep your tongue clean. A "coated" tongue provides the perfect environment for the bacteria that promotes bleeding gums. Brush your tongue with a tongue cleaner or soft-bristled toothbrush using a front-to-back motion.

5. Eat a well-balanced diet. A diet filled with vitamin C, folic acid, calcium, and B vitamins will help you maintain healthy gums. Limit your snacking between meals, especially carbohydrates and sugars; these feed the dental plaque that causes bleeding gums.

Keep in mind, no matter how scrupulous you are about oral hygiene, a professional dental cleaning is the single most effective way to remove the plaque that causes bleeding gums – so be sure to see your dentist at least **twice a year**.

Call today for an appointment at the Nisqually Dental Clinic, 360-459-5312

Women's Wellness Program

By Elizabeth Siegel, ARNP

With everything going on in our busy lives, it is sometimes hard to remember to take care of health screening needs. Many of us tend to think of the needs of others, rather than concentrate on our own health.

With 2014 upon us, now is the time to give a bit of thought to breast and cervical cancer screening! Early detection of cancer enables early treatment, which often can result in a complete cure.

The mammogram dates for 2014 are as follows:

- Feb. 13
- April 24
- June 12
- July 10
- September 11
- November 13

Pap smears, for detection of cervical cancer, are available most days in the clinic. There are new guidelines

for Pap smear testing. For many people, this means that the time between Pap tests can spread out. For example, for low risk women who have never had an abnormal Pap test, screening can go to every 2-3 years. Also, the recommended age to begin Pap testing has changed from 18 to 21.

Each woman should discuss a screening schedule with her medical provider, in order to come up with an individualized plan.

Please call the Nisqually Tribal Health Department at 459-5312 to schedule your screening appointment. We look forward to seeing you.

Nisqually Health Clinic
Women's Health

Garden Classes




Come to the Elders Center to learn from the Nisqually Garden crew how to use natural products to make great smelling items for your health and home.

**February 12th
March 12th**

**Herbal Chest Rub
to be announced**

Workshops are at 1:00pm after the elder's lunch service. All supplies provided. Questions? Feel free to call Lorna at 360-486-9546 the Elders Center or Caitlin at 360-561-9153 at the Nisqually Garden for more information. Hope to see you there!



<div>  Nisqually Elders menu (360)486-9546 Va & Titan, Cooks </div>						
<div> FEBRUARY 2014 **menu subject to change** </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
Baked Ham Scalloped Potatoes Broccoli Spears Jello/Fruit			Cabbage Soup Hot Pastrami Sandwich Fresh Fruit	Beef/Elk Stroganoff Buttered Noodles Roasted Veggies Fresh Fruit	Oven Fried Chicken Oven Potatoes Veggie Blend Fresh Fruit	
9	10	11	12	13	14	15
Pork Chops Potato Medley Green Beans Jello/Fruit			Salmon Cakes Rice Pilaf Kale Medley Fresh Fruit	Spaghetti Garlic Bread Roasted Veggies Fresh Fruit	Happy Valentine Baked Cod Coconut Shrimp Brown Rice Fruit Salad	
16	17	18	19	20	21	22
	CLOSED President's Day		Chicken Stir Fry Rice Fried Cabbage Fresh Fruit	Beef Stew with Dumplings Fresh Fruits	Tuna Casserole Wheat Bread Fresh Fruit	
23	24	25	26	27	28	
Baked Salmon Spanish Rice Veggie Blend Jello/Fruit			Elk/Hamburger Soup Fry Bread Fresh Fruit	Beef Goulash Buttered Noodles String Beans Fresh Fruit	Sausage Patties Scrambled Eggs French Toast Fresh Fruit	
					Crisp Green Salad & Milk Served Every Day, Wheat Bread as Needed.	



2014 Travel Season

The first date for an annual inter-tribal Elders luncheon is April 17th at Siletz. We will travel to Lincoln City on April 16th, returning April 18th. If you are interested in making the trip contact Lorna or Nicole as soon as possible. **DEADLINE TO SIGN UP FOR THIS TRIP IS MARCH 24TH**. This is necessary in order to secure hotel accommodations and complete process with Financial Services department.

Information from other tribes is not always received in a timely manner and we pass information along as it is received. Below is a list of locations Nisqually Elders usually travel to and the month the event **usually** occurs. Call for information if you're interested in following the travel season.

Siletz – April 17th – **overnight Apr 16 & 17**

Tulalip – May

Warm Springs – May 9 – **overnight May 8 & 9**

Muckleshoot – May

Spokane – May – **overnight 2 nights**

Yakama – May – **overnight**

Lummi – July – **overnight**

Puyallup – September

Suquamish – September

Please note, each individual is responsible keeping themselves informed of travel arrangements after signing up for travel activities.

Activities:

Joyce McCloud, Interim Culture Program Manager, will do culture activities the second (2nd) and fourth (4th) Thursday of each month from 1:00pm – 3:00pm at the Elders facility.

Nemah Choubaquak, Director of Culture Program, will be scheduling a Pendleton fabric sewing class for Elders in the very near future. Watch your mail for announcements, dates and times.

Caregiver Program if you are an unpaid caregiver of: A Native American Elder (caregiver does not have to be Native), or a Native American Elder providing primary care for grandchildren not more than 18 years of age or caring for an adult child with developmental disabilities, you are eligible for support services from the caregiver program. The program is designed to provide training and resources to help and support **the caregiver**. Each second (2nd) and fourth (4th) Wednesday of the month will be a support group gathering or a training session.

February's schedule:

- 12th at 4:00pm Wendy Lustbader, author of *Taking Care of Aging Family Members, Life Gets Better, What's Worth Knowing and Counting on Kindness* will do a presentation.

- 26th at 5:00pm Support group get together

Zumba

Until the 2014 contracts are finalized there will be no Zumba with Ho'O. Information will be sent as soon as sessions resume.

Don't Forget!

LUNCH: Monday, Wednesday, Thursday and Friday at 12:00 noon.

Foot Spa: Diabetic Foot Spa is the 4th Tuesday of every month. Appointments are scheduled from 9:00am-1:00pm. Call nurse Cindy Gallegos at 459-5312 or Lorna at 486-9546 if you'd like to sign up. February spa is on the 28th.

Elders Program contact information:

Telephone (360)486-9546 Fax (360)459-4146
Zelma McCloud, Activities Coordinator ext. 2160
Nicole Wells, Administrative Assistant ext. 1151
Norine Wells, Caregiver Support Specialist ext. 2103
Lorna Kalama, Elders Program Assistant Manager ext. 2159



Birthdays

I wanted to wish my son a Happy Belated 21st Birthday
to my son born January 13th 1993
My sunny you will always be my baby, we love you !
Ma & Pa & 2 cub sisters Moon & Sky

William Wells, have a great & wonderful day for your birthday!
Love you so much, from your youngest Alyssa/Nathan & grandbabies!!

Happy Birthday to my little bro Dale Oya III
Love you from your big Sis, Madena ☺

Happy Birthday to Isabel Oya
Love you from your Auntie Madena and family ☺

Congratulation Alex & Heather Sison
on their new addition
Emilie Ann Sison
Born December 11, 2013
Weighing 6lbs. 7oz. and 19inches



I like to wish my baby boy
Derrick Sanchez a Happy 21st Birthday
Love you son your Pappy



I wanted to wish these beautiful ladies a very happy birthday!

February 11th
Deonnah"dee" McCloud
Tiffany Nation
Candace Wells
Josephine Wells

I hope this birthday is the best birthday yet!!

February 3rd
Happy Birthday Sam!! 10 years old

February 20th
Happy Birthday to Charlotte Marie!! hope your
dreams come
true, and you have another grandchild born
on your birthday!!



February 1, Happy Birthday Linda, Smooches Marie
February 4, Happy Birthday Auntie Marjie, Love the McDonald Family
February 9, Happy Birthday Janae, Love the McDonald Family
February 13, Happy 18th Birthday Chase, Love the McDonald Family

Our beloved Steven F. Charles has been gone now for a year, but he will always be with us in our hearts and minds. Our dear Steven, you were more of a son than a nephew especially for Lolita and Jerry Leech who had a big hand in raising you up to be the person you are. Also for Lila Pinord, your aunt and confidante, I miss our long conversations and joking and laughing. You were more like a brother to Kim Stewart than a cousin. We know your real sisters Garnet Charles and Edith Sampson miss you very much too. Someday we will share jokes and laugh with you again. See you on the other side.

Lila L. Pinord, Tribal member

Nisqually Indian Tribe
4820 She-Nah-Num Dr., SE
Olympia, WA 98513



1937 Lashi St Se
Olympia, WA 98513

February 2014

360-455-5213

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Monday - Friday 6-10 pm					Saturdays 11-7	
						1 Crafts 1-3 pm Tournament Time with Prizes!!! 4-6 pm
2 No Youth Activities Building Open 11 am -7 pm	3 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	4 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	5 PAL League Night @ 6 pm at Squaxin SDR 4:30-5 pm	6 Computer Lab & Game Room	7 February Birthday Celebrations 4-6	8 Crafts 1-3 pm Tournament Time with Prizes!!! 4-6 pm
9 No Youth Activities Building Open 11 am -7 pm	10 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	11 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	12 PAL League Night @ 6 pm at Muckleshoot SDR 4:30-5 pm	13 <i>Valentines' Day BINGO 5:30-7:00</i>	14 Skokomish Youth Tournament Slim Kautz Memorial Basketball Tournament	15 Crafts 1-3 pm Tournament Time with Prizes!!! 4-6 pm
16 Skokomish Youth Tournament Slim Kautz Memorial B-ball Tourney	17 Presidents' Day CLOSED	18 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	19 PAL League Night @ 6 pm at Chehalis SDR 4:30-5 pm	20 Computer Lab & Game Room	21 Computer Lab & Game Room	22 Crafts 1-3 pm Tournament Time with Prizes!!! 4-6 pm
23 No Youth Activities Building Open 11 am -7 pm	24 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	25 11 & Up B-ball Practice 4-5 pm 10 & Under B-ball Practice 5-7 pm	26 PAL League Night @ 6 pm vs. Skokomish SDR 4:30-5 pm	27 STAFF & YOUTH BASKETBALL GAME Younger kids 4-6pm Older kids 5-6	28 Popcorn & Movie Night 4:30 - 6 pm	SDR = Stop Drop & Read